

Primary Press

Everyone Loves Bread

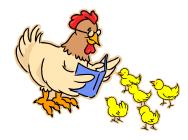


Bread is a staple of life, and most children eat it every day. Many preschool children think of bread as something that comes in a wrapper. This preschool theme, bread, is a way to show children what is really inside the package and how it got there. You can use this topic throughout the curriculum using activities such as, how bread is made to tasting different varieties of bread.



For thousands of years people all around the world have eaten bread. Breads made from grinding grains, such as wheat, rye, oats and

rice which are all easy to grow. One of the most famous stories about baking bread is The Little Red Hen by Paul Galdone. This is an English folk tale about a little red hen who grows wheat, harvests the grain, bakes bread and feeds her chicks. The hen does these tasks all by herself with no help from her lazy friends.



Ask the children in your class what they would do if they were the hen, would they share or ask for help? This is a great story to act out and it helps the children understand the sequence of first, next and last. Include in your discussion the process of planting, caring for and harvesting the grain.

Introduce a little science into the bread baking theme.



Many years ago bread was flat until the Egyptians discovered that fermentation improved their bread, thus yeast was discovered. Yeast is actually a fungus that is purchased in the grocery store that creates tiny holes to make the bread lighter.

Make some bread with the children following a basic bread recipe. Before shaping the dough for rising, take out enough dough to make three balls. Put a piece of masking tape on the outside of the jars to mark the height of the dough balls. Place each in a clear glass jar and cover with plastic wrap. Place one jar in the refrigerator, one in a warm place and one in a neutral place. Check on the dough jars and see how the balls are rising, which is higher, discuss why and chart your results.

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County of Loudoun Family Services

Volume 8, Issue 3

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To the bakery

The wafting familiar smells

Warm, soft bread rises



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Book Corner











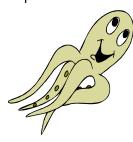




Ruth's Bake Shop

By Kate Spohn

Ruth is an octopus who loves to bake and spends so much time making shortbread, pies, cookies and cakes that she opens her own bake shop.



Everybody Bakes Bread

By Norah Dooley

Carrie is visiting the neighborhood to find a three-handed rolling pin for her mother. This errand was devised by her mother to keep Carrie from fighting with her brother during a rainy Saturday morning. Carrie samples different types of bread made that morning by her multicultural neighbors. The recipes for these delicious breads are found at the end of the book.



By Tomie dePaola

Tony dreams of one day becoming the most famous baker in northern Italy. Tony and his daughter seek their dreams in Milano and create Panettone an Italian classic. This is an Italian folktale that teaches perseverance in reaching your goal.

Bread, Bread, Bread

By Ann Morris

Bread is a food enjoyed by people in all parts of the world. It's many shapes, sizes, textures and colors are as varied as the people who eat the bread. This photographic round-theworld tour provides a glimpse into the rich variety of world cultures, as well as an informative look at an important food that everyone agrees is as necessary as water and air.

Bread is for Eating

By David Gershator

A bilingual, rhythmic celebration of bread, from farmer to baker.



Unbeatable Bread

By Lyn Littlefield Hookes Rotund Uncle Jon wakes up one morning with an impractical need to bake an unbeatable bread, one that will summon animals from hibernation. The insistent rhymes and hard hitting cadence ring like bells and carries readers along on flights of fancy as the smell of bread permeates the house and neighborhood.

Walter The Baker

By Eric Carle

When the cat spills the milk and Walter The Baker must substitute water, The Duke and Duchess notice a difference in their favorite sweet rolls. The Duke presents Walter with a challenge: create from one piece of dough, a roll that the sun can shine through three times or be banished from the Duchy. The task seems impossible but after a few lucky accidents and a little help from his family Walter presents the Duke with his invention—the pretzel.

Bread and Jam for Frances

By Russell Hoban

Frances is a very fussy eater. In fact, the only thing she likes is bread and jam. She won't touch her squishy soft-boiled egg and begins singing about all the food she does not like. Frances sings, "I do not like the way you slide, I do not like your soft inside. However, "Jam on biscuits, jam on toast, jam is the thing I like most." Unless Frances' mother can come up with a plan Frances might go on eating nothing but bread and jam.

Make Me A Peanut Butter Sandwich and A Glass of Milk

By Ken Robbins

This book is a look at what goes into the making of a peanut butter sandwich and shows readers how the bread dough is mixed, rises and bakes. It also explains how peanuts are grown, harvested and crushed into peanut butter and then jarred.

Knead It, Punch It, Bake It!

By Judith and Evan Jones

Making bread is fun, even more so when children participate. This book offers more than 40 recipes for grown-ups and children to work together baking everything from French bread to pizza. The text is fully illustrated with step-by-step line drawings.

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Let's Do Some Singing & Finger Plays

If I Had A Bagel

Sung to "If I Had A Hammer"

If I had a bagel, I'd eat it in the morning, I'd eat it in the evening all over this land.

I'd eat it for breakfast, I'd eat it for supper, I'd eat it with all my friends, sisters and brothers, all over this land.

Little Donuts

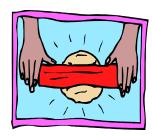
Sung to Ten Little Indians
One little, two little, three little
donuts

Four little, five little, six little donuts Seven little, eight little, nine little donuts

Ten donuts in the bakery shop

Let's Pretend

Sung to "Here We Are Together"
Let's pretend that we are bakers,
Are bakers, are bakers
Let's pretend that we are bakers
As busy as can be
We'll knead all the dough out
And bake loaves of bread
Let's pretend that we are bakers
As busy as can be.



Bread Patty Cake

Patty cake, patty cake, Bakers' man, bake me some bread as fast as you can Roll it, pat it, make it with a (first initial of the child's name) And put it in the oven for (child's name) and me

This is the Way we Make the Bread

This is the way we make the bread Make the bread, make the bread This is the way we make the bread To make this bread for you

This is the way we knead the dough Knead the dough, knead the dough This is the way we knead the dough To make this bread for you

Additional verses: Mix the dough Shape the dough Bake the dough Eat the bread

Gingerbread Song

Sung to Frere Jacques
Gingerbread, gingerbread
Yum, yum, yum
Yum, yum yum
I like gingerbread
I like gingerbread
In my tum, In my tum



At the Bakery

Sung to The Mulberry Bush
What will you buy at the bakery
The Bakery, the bakery?
What will you buy at the bakery
So early in the morning?

I'd like to buy some bread today Bread today, bread today I'd like to buy some bread today So early in the morning

Additional verses: Cookies Muffins Donuts Pies Cupcakes



Baker Song

Sung to I'm a Little Teapot
I'm a little baker
Quick as can be
I make my cookies
For you and me
When I am all finished
I will share
Taste the best cookies
Made anywhere!

Five Little Donuts

Down around the corner, at the bakery shop
There were five little donuts with sugar on top (hold up five fingers)
Along came ______ (child's name),
All alone
And she/he took the biggest one home
(continue all of the verses until all of the donuts are gone)

Buns in the Bakery Shop

(Start with the number of children you have present, go down one by one as you name off the children.) Six brown buns in the bakery shop, six brown buns with sugar on top. Along came (child's name) with a penny to pay, he/she took one bun away and he/she ran away. Next verse would be five brown buns and name a child. Keep going until you have no children's names left then No brown buns in the bakery shop, no brown buns with sugar on top. Along _(teacher's name) with a penny to pay, but there were no buns so he/she ran away.

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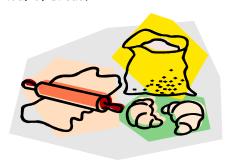
Everyone Loves Bread (Continued from page 1)

Create a bake shop in your classroom. You could use a large appliance box and paint it to resemble the outside of the shop. Have the children make open and closed signs and a poster advertising their daily special. Include these items in your bake shop: a play telephone, computer key board, paper and pencils for the children to take orders. You might also provide play money, shopping bags, aprons, white jackets, oven mitts, towels, rolling pins and play dough for the children to make their creations.





Bread is multicultural and is made with many different flavors and textures. Ask parents to bring in their favorite bread for the class to try. Here are a few different types of breads to consider: Jewish challah or matzos, pita, Mexican tortillas, English scones, French baquettes or croissants, American corn bread, English muffins, Irish soda bread, German pumpernickel, Italian panettone and Swedish rye crisps. Cut the bread into bite size pieces and place on a platter. Invite the children to choose a variety of different breads and let them spread butter or honey on their bread cubes with plastic knives. This activity helps the children learn about the different breads with their senses. Talk about how the breads are alike and different as you enhance your preschool theme on bread. As the children taste the different varieties of bread, emphasize that bread is grain and necessary for a healthy diet. This preschool theme on bread should help your class understand how bread is made from the growing of the grains to the science of baking a loaf of bread.



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Primary Press

Childcare Workshops for Providers

To register for these workshops,

Please visit:

www.loudoun.gov/childcareworkshop

Workshop Registration opens on the 15th of each month for the Following month.

If the 15th is on a weekend or holiday, then registration opens on the next business day.